AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

Claims 1 to 8. (Canceled).

9. (New) A method for coating a substrate, comprising:

one of (a) external currentless and (b) electrolytic deposition of at least one of (a) Ni, (b) Co and (c) Pt in a deposition bath in which particles including at least one of (a) Mg, (b) Al, (c) Ti, (d) Zn and (e) no Cr are suspended, the particles becoming occluded in the coating; and

heat treating the coated substrate.

10. (New) The method according to claim 9, wherein the particles include an oxide layer thicker than an oxide layer developed under normal environmental conditions.

11. (New) The method according to claim 9, wherein the particles are alloyed with at least one of (a) Ni, (b) Co and (c) Pt.

12. (New) The method according to claim 9, wherein the deposition bath includes suspended silicon particles, the silicon particles becoming occluded in the coating.

13. (New) The method according to claim 9, wherein the particles are alloyed with Si.

14. (New) The method according to claim 9, wherein a diameter of the particles is 1 to 50 μm.

15. (New) The method according to claim 9, wherein the coating is deposited to a thickness of 10 to 100 μm.

16. (New) A coated object prepared by a process comprising:

one of (a) external currentless and (b) electrolytic deposition of at least one of (a) Ni, (b) Co and (c) Pt in a deposition bath in which particles including at least one of (a) Mg, (b) Al, (c) Ti, (d) Zn and (e) no Cr are suspended, the particles becoming occluded in a coating on the object; and

heat treating the coated object.

17. (New) The coated object according to claim 16, wherein the particles include an oxide layer thicker than an oxide layer developed under normal environmental conditions.

18. (New) The coated object according to claim 16, wherein the particles are alloyed with at least one of (a) Ni, (b) Co and (c) Pt.

19. (New) The coated object according to claim 16, wherein the deposition bath includes suspended silicon particles, the silicon particles becoming occluded in the coating.

20. (New) The coated object according to claim 16, wherein the particles are alloyed with Si.

21. (New) The coated object according to claim 16, wherein a diameter of the particles is 1 to 50 μm.

22. (New) The coated object according to claim 16, wherein the coating is deposited to a thickness of 10 to 100 μm.